



Fit to Drive

Aging Adult
Safe Driving
Guide

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Fit to
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Aging Adult Safe Driving Guide

During our lifetime, we will spend thousands of hours driving, walking, biking or riding. Being able to go where we want and when we want is important to our quality of life. Personal mobility is often linked to the ability to drive a car. However, as we age, our ability to drive may be compromised by changes in vision, hearing, attention, perception, memory, decision-making, reaction time and aspects of our physical fitness and performance.

This guide is designed to help older drivers continue to drive as long as safely possible while sharing information to help prepare for driving retirement.

Family and caregiver involvement tips:

- Maintain open lines of communication regarding driving.
- Develop a transportation plan early to maintain a quality of life and independence when driving is no longer a safe option.

Renewing Your Missouri License

By law, drivers must renew their driving licenses in the state of Missouri upon expiration every six years, or every 3 years if 70 years or older. Driving a motor vehicle without a valid driver's license is illegal in Missouri, as is driving with expired credentials. Drivers who opt not to renew their driver's license can be ticketed and fined by law enforcement and may even face jail sentences.

Each time a driver renews a license, he or she must retake the vision exam and the road sign test. If you do not renew your driver's license on or by the expiration date, you may be subject to fees, and you may need to retake your written driver's test and your driving skills exam, depending on how much time has lapsed.

Vision Test

You must take an acuity vision test and a peripheral (side) vision test when you apply for any new or renewal driver license or permit. The standard minimum acuity is at least 20/40 with either or both eyes. If you wear glasses or contact lenses, you may need them for the vision test. The standard minimum peripheral reading is at least 55 degrees in each eye or 85 degrees in one eye. If you are unable to meet the vision standards as required, you may be denied a license or restrictions may be placed on your license.

If you fail the standard vision test, the examiner will give you a vision exam form that your eye specialist or physician must fill out. If the physician prescribes glasses or contact lenses to correct your vision, you may have to wait for the glasses (or contact lenses) before the written and/or driving tests may be given. If both your natural and corrected acuity vision are worse than 20/160, or your peripheral combined is worse than 70 degrees, you cannot take the driving test and cannot have a driver's license.

Possible License Restrictions

The Department of Revenue can place restrictions or conditions on a person's driver's license. The most common restriction for older drivers is to require glasses or corrective contact lenses.

In Missouri, other common requirements the DOR may impose on older drivers include:

- an additional outside rearview mirror on a vehicle
- daylight driving only
- driving vehicle with automatic transmission or power steering
- speed restricted to no more than 45 mph
- driving area restricted to a 25 mile radius

TIP: The standard grace period to renew a Missouri driver's license (without having to retest) is six months after the expiration date on the license. If you do not renew your license within six months (or 184 days) after its expiration date, you will have to take the written and driving tests in addition to the vision and road sign tests.

TIP: You can renew your license up to six months before it expires. Each time you renew, you will be required to take the vision and road sign test.

Nondriver License/Identification Card (Class ND): You may obtain a photo nondriver license for identification purposes. Your nondriver license expires on your date of birth in the sixth year after you apply. If you are age 70 or older, your nondriver license will never expire.

Safety Tips for Motorcyclists Sharing the Road

- Wear a helmet!
- Get comfortable with your motorcycle.
- Check your bike before every ride.
- Ride defensively.
- Obey the rules of the road.
- Be aware of the weather.
- Don't drink and ride.
- Don't text and ride.
- Beware of your blind spots.

Safety Tips for Driving a Golf Cart

- Keep feet, legs, hands and arms inside the vehicle at all times.
- Make sure the direction selector is in the correct position before accelerating.
- Always bring the vehicle to a full stop before shifting direction.
- Slow down before and during turns.
- Check behind you before operating in reverse.

Adapting to Your Terrain

- Use extra care and reduce speed when driving in poor conditions or on poor surfaces.
- Avoid extremely rough terrain.
- Don't drive fast downhill, and avoid steep slopes.
- Be aware that sudden stops or change of direction could make you lose control of the vehicle.



Lesson 1: Before You Hit the Road

Safety Belts

Adjust the seat so you can see clearly out of the vehicle's windows and windshield. After the seat is adjusted, correctly buckle your safety belt. This means both the lap and shoulder belt, without tangles or twists, fit securely across the chest and hips.

Air Bags

Air bags were created to enhance the safety of the safety belts in case of a vehicle crash. Sit at least 10 inches from the air bag compartments.

Mirrors

Adjust all mirrors so that you have the best view of what is happening behind and on all sides of the vehicle. Although the mirrors help, there will still be blind spots that the mirrors do not cover. Be sure to turn your head to the left and right to check these areas.

Safety Features

Review owner's manual to familiarize yourself with all the safety features available in your vehicle.

TIPS

- Make sure to have at least a half tank of fuel.
- Make sure to have your cell phone.
- Make sure you have the following supplies in your vehicle: snacks, blankets/coat, ice scrapper, flashlight, and salt/sand/kitty litter.





Fuel Gauge

The fuel gauge does not always give an accurate picture of how much gas is in the vehicle's tank. It is always best to put gas in the tank before the gauge enters the highlighted "empty" area.

Headlights and Warning Lights

You are responsible for using the exterior lights at appropriate times and knowing the laws regarding their use. For instance, if your windshield wipers are on, the headlights must be on also.

Every vehicle has interior warning lights to notify you of problems with the vehicle. Most have warning lights for temperature, oil and battery issues. Make sure you know what the warning lights mean in the vehicle and to have the car serviced if necessary.

Lesson 2: Reading the Signs

It is very important that you understand all highway traffic signs and signals. The Department of Revenue's **Missouri Driver Guide** (dor.mo.gov/drivers/dlguide) can provide additional information and guidelines on signs, signals and markings.

Traffic Signs

Words, symbols and shapes are used to give information quickly and at a glance. The shape and color of the signs give clues to the type of information provided. Some important sign colors and shapes to recognize:

- Red – Stop, Yield, or Prohibited
- Yellow – Warning
- Black/White – Regulatory
- Orange – Construction
- Octagon – Stop
- Triangle – Yield
- Vertical Rectangle – Regulatory
- Pentagon – School
- Diamond – Warning
- Cross buck or round – railroad



Lesson 2 Activity

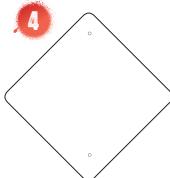
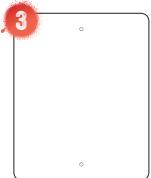
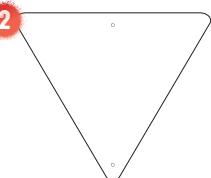
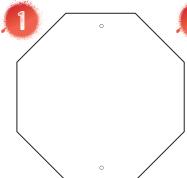
Match the traffic signs below with their meanings.

A. Signal ahead	E. Keep right
B. School crossing	F. Slippery when wet
C. Merge	G. Lane ends/merge left
D. No U-Turn	H. Railroad crossing



Match the sign shapes to the messages below:

A. Yield	C. Stop
B. One way	D. Deer crossing



1.C, 2.A, 3.B, 4.D
1.C, 2.B, 3.H, 4.F, 5.E, 6.A, 7.D, 8.G

Lesson 3: Maintaining Driving Skills



Starting and Stopping

Acceleration should be slow and smooth. This will take practice. Pressure should be applied to the pedal with the ball of the foot instead of the whole foot.

Smooth, steady deceleration is used during normal driving conditions; however, being able to brake quickly is also important for emergency situations. Firm steady, pressure should be used with anti-lock brakes.

Maintaining Steady Speed

Keep the vehicle at an appropriate, steady speed and periodically check the speedometer.

Turning

It is recommended that the driver have both hands on the wheel but never on the top of the wheel. This allows for more control of the steering wheel and ensures that the arms do not cross at the hub of the wheel when making a turn. Proper hand positioning means less chance of injury to the face by the hands and arms in a frontal crash where the vehicle is equipped with a driver side air bag.

Left-hand turns are more problematic for older drivers, as they must make speed, distance and gap adjustments simultaneously to enter or cross the through roadway.



Backing Up

When it is necessary to back the vehicle into a parking space or out of a driveway, always:

- Check for traffic, pedestrians, parked cars and low stationary objects behind you.
- Turn your head to look out the rear window. Don't rely on your mirrors or backup camera.
- Place your right arm at the back of the passenger seat and look through the rear window. Place your left hand at the top of the steering wheel. When you want to change directions, move your left hand in the direction you want the rear of the car to go.
- Make small corrections to the steering wheel.
- Keep your foot in light contact with the brake while the car is moving backward (ride the brake).
- Glance quickly to the front and sides to check traffic then continue looking through the rear window as you brake smoothly.
- Never back up faster than a walking pace. When you get close to an object, back up inch by inch.



Changing Lanes

When changing lanes, always put the turn signal on prior to repositioning the vehicle to give other drivers plenty of warning. Be sure to check for traffic on all sides, checking for blind spots and motorcycles, before slowly repositioning the vehicle in the lane.

Off-Road Recovery

When a car runs off the road, many drivers initial response is to panic and overcorrect causing the driver to lose control of the car.

- Remain calm; don't panic and overcorrect.
- Keep a firm grip on the wheel.
- Ease off the gas and stay off the brake.
- Turn your wheel 1/8 turn to the left.
- When you feel your tires hit pavement again, turn wheel 1/4 turn to the right.
- Ease back onto the roadway.

Intersections

Always slow down, look both ways, and check for oncoming traffic and pedestrians. Be prepared to stop or get your vehicle out of the way.

Right of Way

At a four-way stop, the vehicle arriving first should have the right of way. Come to a complete stop and proceed with caution. If unsure who has the right of way, use eye contact and communication with the other drivers and proceed with caution when it is safe to do so. At an intersection without a stop sign or traffic signal, yield to vehicles coming from the right.

Always yield to:

- A pedestrian crossing the street.
- A school bus picking up or dropping off children.
- Any emergency vehicle using sirens and/or flashing lights.
- Railroad crossings. Trains cannot stop in time to avoid hitting a vehicle.

Merging in Traffic

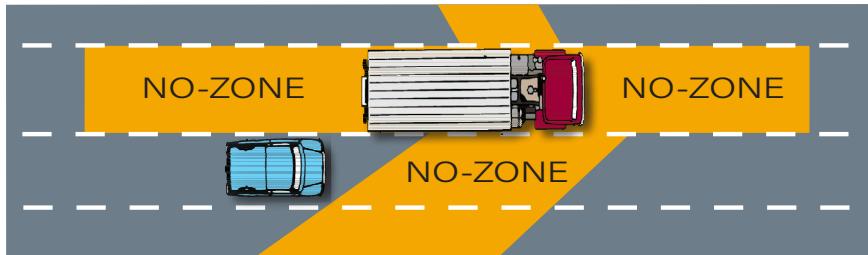
The right of way belongs to the moving traffic. Other drivers are not required to change lanes to allow vehicles to enter. When allowing other vehicles to merge, if it is safe, change lanes to allow the vehicle room to merge. Check mirrors and blind spots, and use the turn signal if it is safe to change lanes. If it is unsafe to change lanes, it may still be possible to accelerate or decelerate to allow others to merge (provided it is safe to do so).



Passing Other Vehicles

Only pass other vehicles when it is absolutely safe to do so. Use extreme caution when passing on a two-lane highway. Do not pass on a hill, curve, no-passing zone or a construction or work zone. Use care when passing a pedestrian or cyclist. Slow down and wait for a safe opportunity. Make sure you can clearly see ahead to determine if there is oncoming traffic before passing. Do not speed up when being passed. Move a little to the right and be prepared to slow down if the passing driver suddenly views a problem ahead while passing.





Large Trucks

Never linger alongside a large truck or bus. These types of vehicles have a blind spot or “No-Zone.” If you can’t see the driver’s face in the side-view mirror, the driver does not know that there is a vehicle along side his truck or bus.

Nighttime Driving

After a driver has mastered the basic driving skills during the day, they may begin learning night driving skills. Nighttime driving requires motorists to drive more slowly since the visibility is reduced in all directions. Headlights should be on between sunset and sunrise.



TIPS FOR DRIVING IN SNOW AND ICE

- Tell someone your travel plans.
- Allow extra time and expect delays.
- Avoid using cruise control.
- Accelerate/decelerate slowly.
- Increase your following distance.
- Limit nighttime driving.
- Use your headlights so other can see you.

Lesson 4: Hitting the Road

Drive Defensively

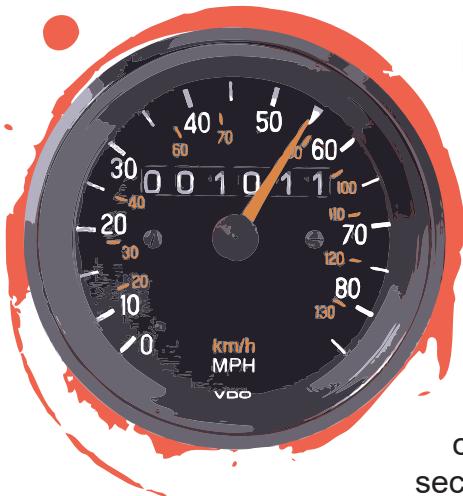
Avoid danger by recognizing danger signs early and communicating with other drivers. Constantly scan the area you are driving so you can anticipate and react to any problems that might arise.

Look Ahead

The path in front of the driver is the most important, but drivers need to be aware of what is happening on all sides of the vehicle. Scanning the highway 20 to 30 seconds ahead gives the driver time to decide what actions may need to be taken. In heavy traffic, the driver should watch for brake lights three or four vehicles ahead in order to have time to react. Also, don't forget to use the rear-view and side-view mirrors to access situations on all sides of the vehicle.



Deteriorated vision among older drivers may make small or complex road signage difficult to process. Signs may be misunderstood or not seen quickly enough to caution older drivers about upcoming exits, obstacles or changes in traffic patterns.



Keep Your Distance

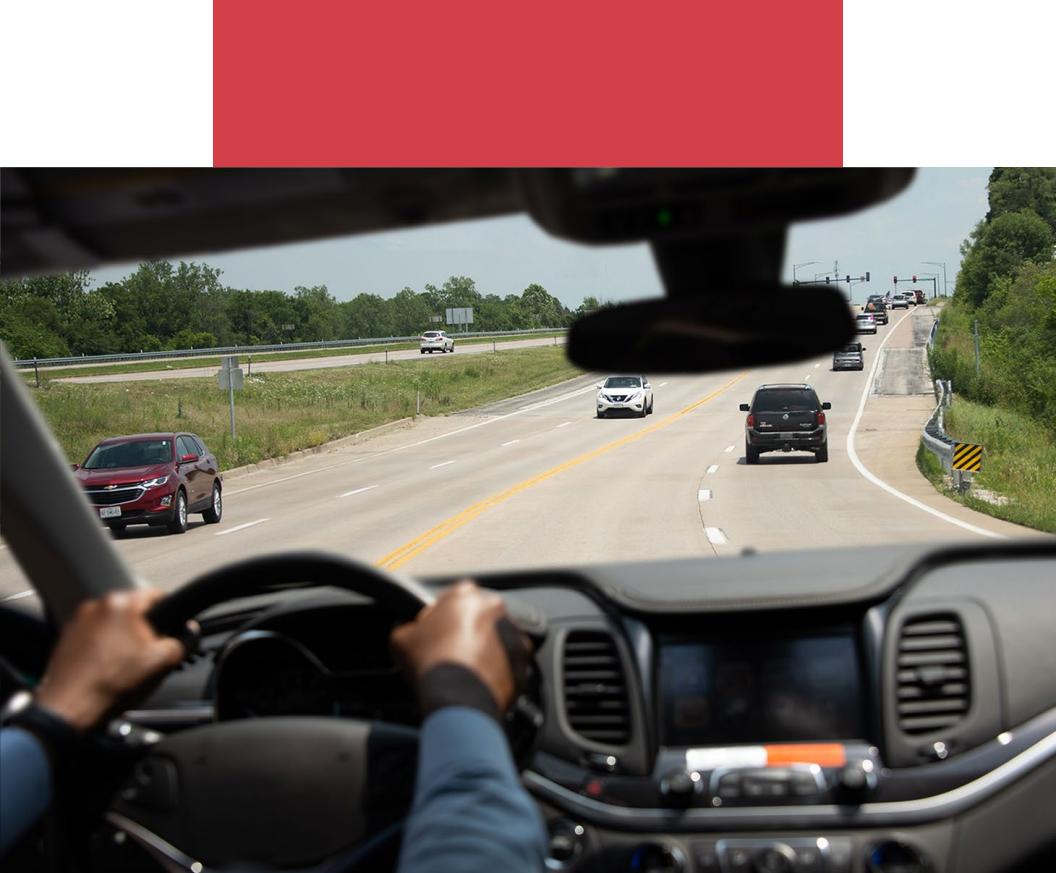
In normal conditions, the vehicle should stay three to four seconds behind the vehicle in front. When the vehicle in front passes a stationary object, count “one one-thousand, two one-thousand, etc.” Your vehicle should not pass the object until the three to four second count is completed.

If it is dark or raining, the distance should be at least four seconds. If there is ice or snow on the ground, stay at least six seconds behind. This will give you plenty of braking distance in hazardous conditions.

Watch Your Speed

The signs posted on the side of the road for the speed limit are there to tell drivers the **maximum** speed allowed by the law. The limit also informs drivers that some roads are too curvy or dangerous to travel speeds higher than the posted speed limit. In some weather conditions, the speed limit is too fast and the driver should slow down to avoid a hazardous situation. Reaction time is shorter when visual distance is shorter. Driving at the appropriate speed means driving:

- According to traffic and weather conditions.
- Within the posted speed limit for the roadway.
- Within the driver's abilities, if the driver is uncomfortable they should slow down or ask someone else to drive.
- Within the vehicle's capabilities.



Pay Attention to Your Lane Position

Keep your vehicle in the center of the driving lane, not on the edges. Small steering adjustments will need to be made to ensure proper positioning, do not jerk the steering wheel. Both hands should remain on the steering wheel when making a sharp turn.

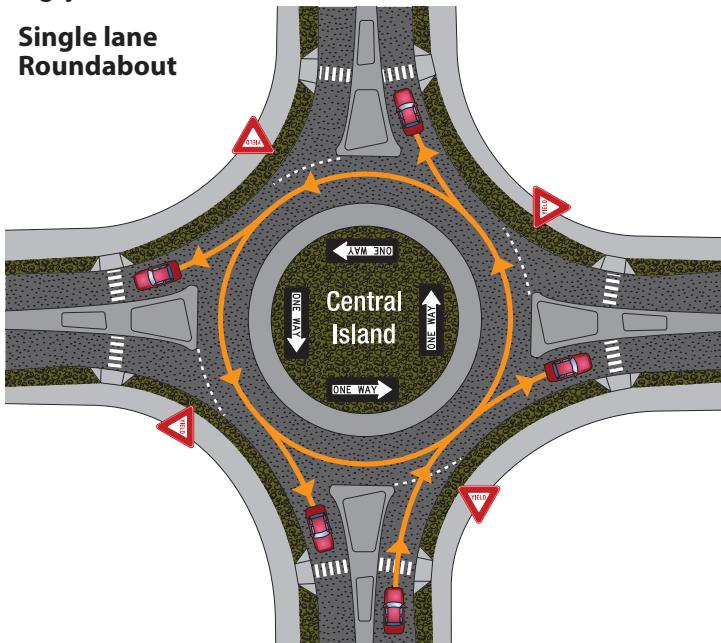
Don't forget to periodically check all mirrors to keep track of what is happening on all sides of the vehicle and use head checks for blind spots!

Lesson 5: Intersections

Roundabout

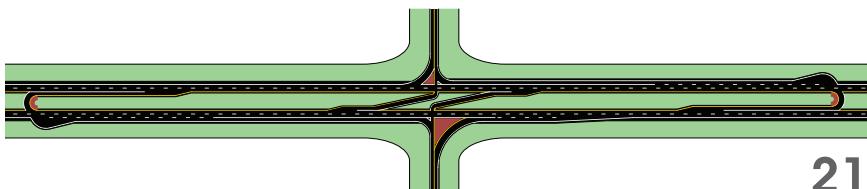
As you approach a roundabout, slow down and yield to traffic already circulating. Be prepared to stop and yield to traffic in the roundabout.

When a gap in traffic appears on your left, enter the roundabout by turning right and following the circle until reaching your exit.



J Turns

The “j-turn” is an alternative to traditional roadway intersections on a four-lane highway. Instead of motorists crossing fast-moving lanes of traffic to get to the opposing lanes, drivers at a j-turn intersection turn right in the same direction of traffic, merge into the left lane and then make a left turn in the direction they intend to travel.



Diverging Diamond

Traffic crosses and travels between the ramps of the interchange on the left side of the road and then crosses back to the right at the end. Traffic coming from the other direction will do the same on the right side of the interchange.



Steady Circular Red

Requires you to stop and wait during this interval.

Steady Yellow Arrow

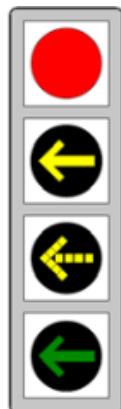
Warns you that the left-turn signal is about to change to red and that you should prepare to stop – or prepare to complete your left turn if you are legally within the intersection and there is no conflicting traffic present.

Flashing Yellow Arrow

Allows you to turn left when oncoming traffic is clear [oncoming traffic has a green light]. You must carefully determine that there is an adequate gap in the oncoming traffic, and ensure that there are no pedestrian conflicts, before making your turn.

Steady Green Arrow

Allows you to turn left.



Road Responsibility

Never Speed

Speeding is a major cause of traffic crashes. Always drive at a safe speed and never drive faster than the posted speed limit. More drivers are convicted of speeding than any other traffic offense. Remember, the speed limit is the maximum speed allowed under normal conditions. The safe speed is the one that allows complete control of the vehicle.

Do Not Respond to Aggressive Drivers

Any reaction from other drivers usually makes the situation worse. Do not respond if confronted with an aggressive driver. If an aggressive driver is causing an unsafe situation for other drivers, stay calm. Stop at a safe place and call the police and /or sheriff to report the incident. If using a cell phone dial *55 or 911 from a landline. Do the same if you think a driver is driving impaired.



Avoid Distractions

All of a driver's attention needs to be on driving. Distracted drivers react slower creating a dangerous situation for themselves and others. Not only do the driver's eyes and ears need to be focused on the road, but their mind needs to be focused on the driving task, too. Some common distractions are:

- Cell phone use/texting
- Eating or drinking
- Adjusting the radio, CD player, temperature or other controls
- Listening to loud music or wearing headphones
- Passengers



Stay Alert While Driving

Watch out for other drivers who are not obeying the rules of the road or are driving irresponsibly. Watch for those who:

- Take wide turns or cut corners
- Straddle the center line
- Pass objects or vehicles too closely
- Drive too fast or too slow
- Hug the edge of the road
- Weave or zigzag
- Stop and start in a jerky manner
- Follow other vehicles too closely

If anyone is driving unsafely, please pull over to a safe location and call *55 from a cell phone or 1-800-525-5555 and report the behavior and license plate number or description of the vehicle to the Highway Patrol.

Don't Drive When Tired

Tired drivers are impaired drivers. When a tired driver is behind the wheel, they have a tendency to drive off the roadway, cross the centerline, brake frequently, tailgate or drive considerably under the speed limit. These are all unsafe actions of a driver. If you feel your eyelids get heavy, and blinking becomes slow and lethargic, or your head feels heavy and begins to nod, pull over and rest or ask someone else to drive.

Yield to Emergency Vehicles

Both drivers and pedestrians must yield the right of way to law-enforcement vehicles, fire engines, and other emergency vehicles using sirens and/or flashing lights. Slow down and pull to the right side of the road, if possible. Bring the vehicle to a stop, but be sure not to block intersections.

Slow Down in Rain, Fog, Snow and Ice

Slow down in these conditions and keep at least twice the normal stopping distance. A wet road can cause skidding or hydroplaning.

Driving Laws

All drivers have legal responsibilities they must follow. Refer to the Missouri Driver Guide (dor.mo.gov/drivers/dlguide/) for additional information about driving laws.

Windshield Wipers and Headlights

While driving on Missouri's roadways, headlights are required to be on when using the windshield wipers and during periods of fog. Rain and fog result in reduced visibility. It's better to be seen than to be in a traffic crash.

Work Zone Safety

Be patient when approaching road construction areas. These crews work very hard to improve the roadways for motorists. Speed limits may be lowered in these areas for your safety and the safety of the work crew. The number one cause of traffic crashes in work zones is driving too fast. Missouri's penalty for speeding in work zones is very expensive. Slow down and pay attention in work zones.



Steer Clear

If a crash should occur, call the police and move the vehicle off the roadway if possible. Vehicles left in the roadway could cause additional crashes to occur. Turn on your flashers and use reflectors or flashlights to warn approaching traffic.

- Help anyone who is hurt, avoiding direct contact with blood. Do NOT try to move an injured person unless their safety is at risk. Make sure someone calls an ambulance if one is needed.
- Exchange the following information with those involved in the crash:
 - » Names and addresses
 - » License plate numbers and vehicle identification numbers
 - » Insurance company names and policy numbers
- Do not leave the scene until a law-enforcement officer says you can.

Law Enforcement Stops

Pull off to the right, as far as possible, at the first safe location and turn on your emergency flashers and engine. Turn the interior lights on at night. Leave your seat belt on and sit calmly. Place hands on top of the steering wheel so the officer knows you are not a threat and follow the officer's instructions.

Move Over Law

The law requires motorists to slow down or, if safe to do so, change lanes when approaching emergency response vehicles, law enforcement vehicles and MoDOT vehicles with flashing lights parked on the side of the road.

Impaired driving

Driving while impaired, whether by drugs or alcohol, by anyone, anytime, is illegal. It's very dangerous and sometimes fatal. A law enforcement officer has the right to measure the blood alcohol concentration (BAC) of any driver who appears to be intoxicated. BAC is the percentage of alcohol in the body. It can be measured by testing blood, breath or urine.

Impact of Aging on Driving

Most people see a steady decline in some of the skills important for driving as they get older. However, changes of aging do not affect all drivers at the same time or in the same way. Specific skills such as vision, hearing, memory, strength, flexibility and quick reaction time decline as we age.

TIP: DEVELOP GOOD HABITS

Driving is habitual, so the more good habits you have, the more they're likely to stick with you. Use turn signals, stay a certain distance from the car in front of you and constantly scan the road.

TIP: PLAN YOUR TRAVEL

Think about your routes and avoid situations that are uncomfortable, like driving at night or in snow, merging onto a highway or making a left turn.

Cognition and the Older Driver

Changes in cognition naturally occur with aging. In many cases, older drivers adjust their driving habits automatically to be a safer driver (e.g. not driving during busy times of the day). Various medical conditions (e.g. dementia, Parkinson's Disease, strokes) can cause more concerning changes with cognition that may impact safety during driving.

When the changes in cognition are due to medical conditions, some people may not recognize these changes and therefore not adjust their driving habits to be safer. Changes in memory (e.g. getting lost easily, not remember what traffic signs mean, inability to react and make safe decisions while driving) can result in serious safety concerns.



SAFETY TIPS:

Discuss openly with your physician how any changes in memory, attention, or decision making may impact your driving.

Abide by driving recommendations that your physician makes to improve both your safety and others on the road.

It is also important to listen to the suggestions of those family members or friends who know you well and may have observations about potential safety concerns present with your driving.

Medications

- When you are on multiple medications, the drugs may not mix together well and can cause unintended side effects.
- If you are on three or more medications or a new medication, go over your prescriptions with a pharmacist or physician to see if there are any that could cause problems with driving ability.

FILE OF LIFE	
KEEP INFORMATION UP TO DATE! <u>Review At Least Every Six Months!</u>	
MEDICAL DATA REVIEWED AS OF MO. YR.	
Name:	
Address:	
Doctor:	Phone #:
Preferred Hospital:	
EMERGENCY CONTACTS	
Name:	Phone #:
Address:	
Name:	Phone #:

Physical Condition

As we age, we lose muscle mass and bone strength, which increases your chance of injury or death in a crash. Drivers age 65 years and older are four times as likely to sustain serious injuries compared to drivers under 24 years of age.

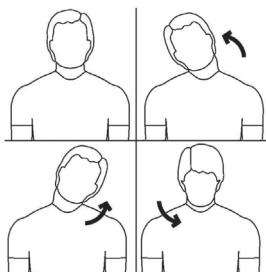
- Loss of strength may result in trouble keeping a firm grip on the steering wheel or constant pressure on the pedals with your legs and feet.
- Vertigo, dizziness or loss of balance can occur along with muscle spasms or tremors that may cause you to lose control of your vehicle.

Tips to Stay Physically Active

- Staying physically active improves your strength and flexibility. In turn, physical activity can improve driver safety by making it easier to turn the steering wheel, look over your shoulder and make other movements while driving and parking.
- Look for ways to include physical activity in your daily routine. Walking is a great choice for many people. Stretching and strength training exercises are helpful for older drivers, too. If you've been sedentary, get your doctor's OK before increasing your activity level.

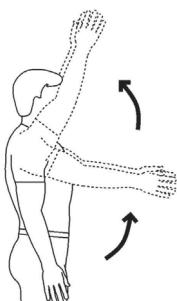
RANGE-OF-MOTION EXERCISES

Illustrations from Exercise Pro



NECK

- Tilt head forward and touch your chin to your chest. Slowly bend your head backward as far as you can, looking up at the ceiling.
- Tilt your head to the side, bring your ear toward your shoulder and move slowly from side to side.
- Turn your head as far as you can to the left, then turn your head as far as you can to the right.



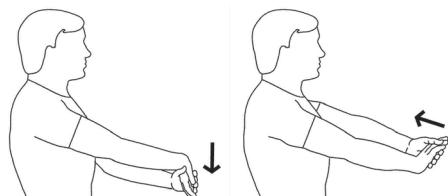
SHOULDER

- Hold your arms out straight in front of you with your thumbs up and raise them to be straight above your head, with your arms by your ears (palms facing each other).
- Raise/shrug shoulders up towards your ears.



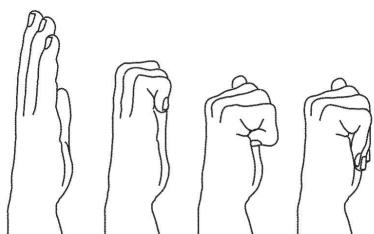
ELBOW

- With your palms facing up, slowly bend at the elbow and touch your fingertips to your shoulder.



WRIST

- With your arms straight out in front of you, slowly bend your wrist as far as it can go forward, backward, left and right.



HAND/FINGER

- Spread fingers apart slowly, and return them back to a closed fist.
- Stretch each finger out as much as you can.
- Touch your pinky to your thumb.

Excerpt from MU Health Care's "Keep Your Keys!"

Schedule Regular Vision and Hearing Tests

Some senses, such as hearing and vision, tend to decline with age. Impaired hearing can be a concern for older drivers by limiting the ability to hear an approaching emergency vehicle or train. Common age-related vision problems - such as cataracts, glaucoma and macular degeneration - also can make it difficult to see clearly or drive at night.

Ask your doctor how often to schedule vision and hearing tests. Even if you think your hearing and vision are fine, stick to your doctor's recommended exam schedule. Problems might be easier to correct if caught early, and specialists can recommend timely adjustments to reduce your risk of crash.

An eye doctor (optometrist or ophthalmologist) might recommend driving only during daylight hours.

SAFETY TIPS

- Keep an extra pair of glasses in your vehicle in case your regular ones get lost or broken.
- Do not wear dark glasses at night, even if you think it will help with headlight glare. You need as much light as possible to help you see clearly when driving at night.

ADAPTIVE TOOLS AND NEW CAR TECHNOLOGIES

ADAPTATIVE TOOLS

These tools can be found online or at your local auto shop store. Before buying these devices, you should speak to an occupational therapist or driving rehabilitation specialist to ensure they'll meet your needs.



Leg Lifter



Handy Bar



Key Holder



Easy Reach Seat Belt



Gas Cap Wrench



Wedge Car Seat



Swivel Seat



Car Caddy

NEW CAR TECHNOLOGIES

While not necessary, new car technologies offer driving assistance that can be beneficial to driving safely and preventing crashes. These technologies are something to keep in mind if you experience trouble parking, remaining in the lane, or difficulty driving at night or during hazardous road conditions.

Rearview Video System (Backup Camera)

Assists the driver in seeing whether there are any obstructions in the area immediately behind the vehicle.

Automatic Collision Notification (ACN)

Through built in car features, like OnStar or Safety Connect, allows technology to notify emergency responders a crash occurred immediately after it happened.

Frontal Pedestrian Impact Mitigation Braking

Alerts the driver of an impending impact with a pedestrian.

Lane Departure Warning

Warns the driver of unintentional lane shifts.

Electronic Stability Control

Increases a vehicle's stability.

Adaptive Headlights

Helps drivers see better on dark, curved roads.

Blind-Spot Detection System

Through indicator lights on both sides of the vehicle, notifies driver there is a vehicle on whichever side is lit.

Questions to ask yourself:

What can you do to make your car safer?

What technologies do you have in your car?

<https://www.car-fit.org/>

Find these devices on Amazon.com:



Scan this code with
your phone.

Excerpt from MU Health Care's "Keep Your Keys!"

Self-Assessment

Self-awareness is the key to safe driving. The self-assessment below, taken from the Physician's Guide to Assessing and Counseling Older Drivers (Published by the American Medical Association), can help you decide if you should have your driving abilities evaluated:

- I get lost while driving.
- My friends or family members say they are worried about my driving.
- Other cars seem to appear out of nowhere.
- I have trouble reading or understanding road signs in time to respond to them.
- Other drivers drive too fast.
- Other drivers honk at me.
- I feel uncomfortable or nervous when driving.
- I feel sleepy when I drive.
- Busy intersections bother me.
- Left-hand turns make me nervous.
- The glare from on-coming headlights bothers me.
- My medications make me dizzy or drowsy.
- I have trouble looking over my shoulder when backing up.
- I have been stopped by the police for my driving.
- I have difficulty backing up.
- I am too cautious when driving.
- I have been at fault in crashes in the past year.
- I sometimes forget to use my mirrors or signals.
- I sometimes forget to check for oncoming traffic.
- I have difficulty parking.

If you have checked any of the above boxes, your safety may be at risk when you drive. Talk to your doctor about ways to improve your safety if you are experiencing any of the conditions or symptoms that may be affecting your ability to drive safely.

Consider a Driving Evaluation

An additional resource is an independent comprehensive driving evaluation. Conducted by occupational therapists at rehabilitation centers, hospitals and, for eligible veterans, at the Veterans Administration Medical Centers, these evaluations assess one's skills and can provide safety recommendations.

Develop a Transportation Plan

The key to a positive transition to driving retirement while maintaining safe mobility and independence is PLANNING.

Where do I want to go?	How many miles from my home?	How often do I want to go?	Can I take a bus? Y/N	Can I ride with my family or friends? Y/N	Can I walk there? Y/N	Are there other services to get there? Y/N
Grocery Store						
Place of Worship						
Doctor's Office						
Shopping						
Entertainment						
Visit Family/ Friends						
Other						

TIP: PLAN A “DRIVING RETIREMENT”

Americans are outliving their ability to drive safely by an average of seven to 10 years according to AAA. Learn how to spend a day or two not driving your car, and consider other ways to get you where you need to go. Think about where you want to live if you can no longer drive.

Anatomy of a Crash

Unfortunately, most drivers are in a crash at some point in their lifetime. But protecting yourself and your passengers is the most important part of being a responsible driver. Without a safety belt, the damage the human body will experience during a car crash can be devastating even at low speed crashes. After the car stops, the body and internal organs continue to fly forward crashing into whatever stops them, typically the dashboard, windshield or steering wheel. After the body stops the internal organs continue to crash against the body, this part of the crash can cause many internal injuries. These injuries caused by a crash can be avoided by wearing a safety belt.



Driver survived –
wearing safety belt



Driver killed – not wearing safety belt

Safety Tips

Adjust mirrors and seats before starting the vehicle.

Wear your safety belt every time you are in a vehicle.

Come to a complete stop at stop signs and for right turns at red lights.

Use caution when proceeding from a stop. Look all directions.

Keep your eyes moving. Use the mirrors to check around and behind the vehicle and don't forget about the blind spots.

Don't tailgate. Maintain at least four seconds of space between your vehicle and others.

Avoid the “No-Zone” of large trucks. Remember if you cannot see the driver in their mirrors, they cannot see you.

Speed increases braking distance. Double your speed-quadruple your braking distance.

Vehicle weight increases braking distance. Double the vehicle weight – double your braking distance.

WHAT TO DO IN CASE OF A CAR CRASH

- Take a breath and remain calm.
- Check yourself for injuries.
- Call the police.
- While waiting for help to arrive, turn on hazard lights and turn off engine.
- If possible move the vehicle off the road as far right as possible. Remain in the vehicle BUCKLED UP, until emergency responders arrive.
- Document the crash.
 - Acquire names and contact information of all involved parties (i.e., those involved directly in the crash, police officers, witnesses, etc.).
 - Take photos of the damage done to all the cars that were involved in the crash.
 - Write down the location of the crash.
- Exchange information with those directly involved in the crash.
You should acquire:
 - Full name and contact information.
 - Insurance company and the policy number.
 - Driver's license information.
 - The license plate number, make, model and color of the car.
- Notify your insurer of the crash.
- If you are taking a blood thinner, please get checked out that day in the emergency department.

IF THERE IS A MEDICAL EMERGENCY

- Ensure your safety.
- Call 911.
 - Who: Provide your name and phone number.
 - What: Inform the dispatcher of as much detail you can about the emergency.
 - Where: Give a detailed description of where the emergency is occurring (i.e., mile markers, landmarks, direction of traffic/travel, etc.).
- Check on the other passengers in the car.
 - Only let trained medical professionals provide care and move an injured individual.
 - While waiting for emergency medical services to arrive, try to comfort the injured person.
- Stabilize the vehicle(s).
 - Impact vehicles should be in "park" and the engine should be turned off.
 - Turn hazard lights on or set up flares to warn oncoming traffic of the crash.

Excerpt from MU Health Care's "Keep Your Keys!"

Driving Resources and Organizations

The following resources provide additional driving information and help you understand the importance of safe driving habits. Remember to use the **Missouri Driver Guide** to supplement this workbook.

Missouri Department of Transportation

Highway Safety Division
P.O. Box 270
Jefferson City, MO 65102
800-800-BELT (2358)
www.saveMOlives.com

Missouri Driver's Guide

Missouri Department of Revenue
Available at branch and fee licensing offices and Missouri State Highway Patrol Driver Examination offices throughout the state.
www.dor.mo.gov

Missouri Safety Center

University of Central Missouri
Humphreys 200
Warrensburg, MO 64093
800-801-3588
www.safetycenter.ucmo.edu

Federal Highway Administration

www.fhwa.dot.gov

AAA Missouri

12901 North Forty Drive
St. Louis, MO 63141
800-222-7623 ext. 6300
www.ouraaa.com

Insurance Institute for Highway Safety

1005 North Glebe Road, Ste. 800
Arlington, VA 22201
703-247-1500
www.iihs.org

Organizations that Provide Transportation

Columbia Transit System

www.como.gov/publicworks

Jefftran - Jefferson City Transit

www.jeffersoncitymo.gov/government/transit

Kansas City Area Transportation Authority -

The Metro

www.kcata.org

Missouri Public Transit Association

mopublictransit.org

OATS Public Transportation

<https://www.oatstransit.org>

OATS, Inc. is a not-for-profit 501(c)3 corporation providing transportation for thousands of Missourians, including the rural general public, senior citizens and people with disabilities in 87 Missouri counties. Contrary to what many think, OATS transportation is not just for seniors, and in fact the top services provided are transportation to work and medical appointments. We employ more than 750 people statewide, with 24% of them Veterans. The company is headquartered in Columbia, MO with regional offices in Bridgeton, Columbia, Harrisonville, Macon, St. Joseph, Sedalia, Springfield and Union, MO.

www.cityutilities.net

This website gives you access to all of the bus schedules by county across the state of Missouri.

Southeast Missouri Transportation Service

ridesmts.org

St. Joseph Transit

www.ci.st-joseph.mo.us/transit.html

List of Acceptable Documents for REAL ID-Compliant Document Processing:

Applicants must present documents in each of the following categories. Please note that some documents are eligible to be used as both identity and lawful status verification.

1. Identity

One (1) of these documents with your full name and date of birth:

- Valid, Unexpired U.S. passport
- Valid, Unexpired U.S. passport card
- Certified U.S. Birth Certificate
- U.S. Birth Abroad
- Certificate of Naturalization
- Certificate of Citizenship
- Valid, Unexpired Permanent Resident Card
- Valid Foreign Passport stamped approved or processed for an I-551
- Valid, Unexpired Arrival/Departure Record I-94 with "Temporary I-551" stamp
- Valid, Unexpired Employment Authorization Document (EAD)
- Valid, Unexpired Foreign Passport with a valid, unexpired US visa accompanied by an I-94
- Valid, Unexpired Out of State Real ID driver's license, permit or identification card
- Valid, Unexpired Missouri Real ID driver's license, permit or identification card

2. Lawful Status

One (1) of these documents with your full name and date of birth:

- Valid, Unexpired U.S. passport
- Valid, Unexpired U.S. passport card
- Certified U.S. Birth Certificate
- U.S. Birth Abroad

- Certificate of Naturalization
- Certificate of Citizenship
- Valid, Unexpired Permanent Resident Card
- Valid, Unexpired Employment Authorization Document (EAD)
- Valid, Unexpired Foreign Passport with a valid, unexpired U.S. visa accompanied by an I-94

The following documents are not acceptable as a primary lawful status document for REAL ID-Compliant document issuance, however, they may be required as a secondary document to complete required status verifications.

- Valid, Unexpired Visa with temporary I-551 language
- Valid, Unexpired I-551 Stamp on I-94 or Passport
- I-20 Non-immigrant Student Certificate
- DS2019 Exchange Visitor Certificate
- I-94 – Arrival/Departure record
- I-327 Reentry Permit
- I-571 Refugee Travel Document
- I-589 Proof of Application for Asylum in the U.S.
- I-797 Approval Notice of Action
- Unexpired Foreign Passport from Micronesia accompanied by an I-94 with code CFA/FSM
- Unexpired Foreign Passport from Palau accompanied by an I-94 with code CFA/PAL
- Unexpired Foreign Passport from Marshall Islands accompanied by an I-94 with code CFA/MIS or CFA/RMI

3. Social Security Number

Document must contain your name and full Social Security Number (SSN) and may not be laminated or altered in any way

- Social Security Card (must be signed)
- W-2 Form
- SSA-1099 Form
- Non-SSA-1099 Form
- Pay Stub with applicant's name and SSN
- No Social Security Number verification letter from the Social Security Administration
(Only acceptable when submitted with an Unexpired Foreign Passport with a valid, unexpired U.S. visa accompanied by an I-94)

- Real Estate tax receipt, Only If Primary Residence Address
- Letter from Shelter (homeless only)
- Official letter or document from another State or local Government agency (on agency letterhead OR which contains the official seal of the Agency) issued within the previous 30 days
- Letter or other documentation issued by the Postmaster within the previous 30 days
- Other Government document containing the name and address of the applicant issued within the previous 30 days

In addition to the above, applicants under the age of 21 may also present:

4. Proof of Missouri Residency

Two (2) recent documents required from two (2) separate types below that include your name and residence address. If you have an alternate mailing address an additional document from this list must be presented to verify the mailing address.

- Utility Bill (Phone, Water, Gas, Electric, Trash or Sewer, Etc.)
- Voter Registration Card
- Bank Statement (Credit Union, Credit Card, Investment)
- Government Check or Pay Check
- Property Tax Receipt
- Mortgage, Housing, or Leasing Document
- Homeowner's Insurance Policy
- Auto Insurance Policy or card
- W-2
- 1099 Form
- Safe At Home Card
- Driver License Renewal Post Card
- Motor Vehicle Renewal Post Card
- Education Transcript for current school year from an educational institution in Missouri
- Professional License (Nurse, Physician, Engineer, Etc.), Only If Home Address

- Missouri School Records
- Hospital or Medical Record
- Mailed Correspondence issued by an Organization such as Boy Scouts of America, Girl Scouts of America; Missouri Department of Conservation or other well established organizations or programs containing the name and address of the applicant
- For persons under 21 years of age only, a parent or legal guardian may provide a document in their name and address and a statement that the applicant resides in their household. (May only be used to meet one of the two required documents.)

5. Name Change

Required if applicable to verify current full legal name or requested name change. More than one may be required to verify connection to identity and lawful status document presented.

- Certified Marriage License
- Certified Divorce Decree
- Certified Adoption Papers
- Amended Birth Certificate
- Other Certified Court Order

Non REAL ID-Compliant Acceptable Documents:

NEW or not previously verified applicants must present **one (1)** or more of these documents in **each** of the following categories. Non U.S. citizen applicants must present documents from each category for subsequent applications. Please note that some documents are eligible to be used as both identity and lawful status verification.

1. Identity

- Valid, Unexpired U.S. passport
- Valid, Unexpired U.S. passport card
- Certified U.S. Birth Certificate
- U.S. Birth Abroad
- Certificate of Naturalization
- Certificate of Citizenship
- Valid, Unexpired Permanent Resident Card
- Valid, Unexpired Foreign Passport stamped approved or processed for an I-551
- Valid Arrival/Departure Record I-94 with unexpired "Temporary I-551" stamp
- Valid, Unexpired Employment Authorization Document (EAD)
- Valid, Unexpired Foreign Passport with a valid, unexpired US visa accompanied by an I-94
- Valid Out of State REAL ID or non REAL ID driver's license, permit or identification card
(Must be unexpired or within 184 days of card expiration date)
- Missouri REAL ID or non REAL ID driver's license, permit or identification card
(Must be unexpired or within 184 days of card expiration date)
- Valid, Unexpired Foreign Passport with a valid I-94 – Arrival/Departure Record
- Valid, Unexpired I-94 Arrival/Departure Record stamped as Refugee, Asylee or Parolee or Conditional Entrant

2. Lawful Status

- Valid, Unexpired U.S. passport
- Valid, Unexpired U.S. passport card
- Certified U.S. Birth Certificate
- U.S. Birth Abroad
- Certificate of Naturalization
- Certificate of Citizenship
- Valid, Unexpired Permanent Resident Card
- Valid, Unexpired Visa with temporary I-551 language
- Valid, Unexpired Employment Authorization Document (EAD)
- I-20 Non-immigrant Student Certificate
- DS2019 Exchange Visitor Certificate
- Valid, Unexpired Arrival/Departure Record I-94
- Unexpired Foreign Passport with a valid, unexpired U.S. visa accompanied by an I-94
- I-327 Reentry Permit
- I-571 Refugee Travel Document
- I-589 Proof of Application for Asylum in the U.S.
- I-797 Approval Notice of Action
- Military ID or DD-214 accompanied by a copy of a U.S. Birth Certificate
- Unexpired Foreign Passport from Micronesia accompanied by an I-94 with code CFA/FSM
- Unexpired Foreign Passport from Palau accompanied by an I-94 with code CFA/PAL
- Unexpired Foreign Passport from Marshall Islands accompanied by an I-94 with code CFA/MIS or CFA/RMI

3. Social Security Number

Original document must contain your name and full Social Security Number (SSN) and may not be laminated or altered in any way

- Social Security Card (must be signed)
- W-2 Form
- SSA-1099 Form
- Non-SSA-1099 Form
- Pay Stub with applicant's name and SSN
- No Social Security Number verification letter from the Social Security Administration
(Only acceptable when submitted with an Unexpired Foreign Passport with a valid, unexpired U.S. visa accompanied by an I-94)

4. Proof of Missouri Residency

One document is required from the list below that includes your name and residence address. If you have an alternate mailing address an additional document from this list must be presented to verify the mailing address.

- Utility Bill (Phone, Water, Gas, Electric, Trash or Sewer, Etc.)
- Voter Registration Card
- Bank Statement (Credit Union, Credit Card, Investment)
- Government Check or Pay Check
- Property Tax Receipt
- Mortgage, Housing, or Leasing Document
- Homeowners Insurance Policy
- Auto Insurance Policy or Card
- W-2
- 1099 Form
- Safe At Home Card
- Driver License Renewal Post Card
- Motor Vehicle Renewal Post Card
- Education Transcript for current school year from an educational institution in Missouri
- Professional License (Nurse, Physician, Engineer, Etc.), Only If Home Address
- Real Estate tax receipt, Only If Primary Residence Address

- Letter from Shelter (homeless only)
- Official letter or document from another State or local Government agency (on agency letterhead OR which contains the official seal of the Agency) issued within the previous 30 days
- Letter or other documentation issued by the Postmaster within the previous 30 days
- Other Government document containing the name and address of the applicant issued within the previous 30 days

In addition to the above, applicants under the age of 21 may also present:

- Missouri School Records
- Hospital or Medical Record
- Mailed Correspondence issued by an Organization such as Boy Scouts of America, Girl Scouts of America; Missouri Department of Conservation or other well established organizations or programs containing the name and address of the applicant
- For persons under 21 years of age only, a parent or legal guardian may provide a document in their name and address and a statement that the applicant resides in their household.

5. Name Change

Required if applicable to verify current full legal name or requested name change. More than one may be required to verify connection to identity and lawful status document presented.

- Certified Marriage License
- Certified Divorce Decree
- Certified Adoption Papers
- Amended Birth Certificate
- Other Certified Court Order

